On the three-strike rule, Alexander would be out

Toronto metro

Your essential daily news | TUESDAY, DECEMBER 6, 2016

Chantal Hébert on 'lock her up' chant and tone-deaf Tory leadership candidate **metroVIEWS**

High 5°C/Low 2°C Scattered showers

On Nov. 6, 2014, these three boys arrived home from school to find out that their mother had been hit and killed by the driver of a car while standing on the sidewalk. On Monday, the boys learned the driver's sentence: A $1,000 fine and a partial suspension of her driver's licence for 6 months.

THIS IS WHAT PASSES FOR JUSTICE ON TORONTO'S DEADLY STREETS

metroNEWS

SWEATERS EVERY CALLING BIRD WILL CALL HOME ABOUT.

CF TORONTO EATON CENTRE &
YORKDALE SHOPPING CENTRE
UNIQLO.CA

UNIQLO
LifeWear

metro NEWS COMET

Your essential daily news

Gunman enters restaurant to look for evidence of "Pizzagate." **World**

Because pronouns don't need to cause problems

ADVOCACY

No Big Deal in response to 'polarized voices' in media

May Warren
Metro | Toronto

For Lee Airton, deciding to go by the gender-neutral pronoun 'they' about five years ago was a big deal.

But the Ontario Institute for Studies in Education instructor has found that for most other people, it's not.

That's why they have started a new campaign called "No Big Deal," encouraging people to print out free badges proclaiming the slogan from the website nbdcampaign.ca.

The campaign, which has the support of, among others, Planned Parenthood, and the Sexual and Gender Diversity Office at UofT, comes on the heels of a storm of media coverage about the use of gender-neutral pronouns.

"I wanted to start it because in the debate that was happening in Canadian media and public life I noticed there were two very polarized voices," Airton told Metro.

"One was people saying 'Nope, not doing it,' for a variety of reasons," they said, "and one was people saying 'You need to do this.'"

Gender diversity advocate and University of Toronto instructor Lee Airton is leading a campaign on pronouns. EDUARDO LIMA/METRO

But what Airton didn't hear was the "silent support" they've found for years in the university community and outside of it.

University of Toronto has been a hot spot for clashes on gender-neutral pronouns recently. Psychology professor Jordan Peterson refuses to use them, arguing it violates his free speech.

His stance has led to campus protests, both against and in support of his position, and calls for the university to do more to protect trans students.

Last month, the university also hosted a debate on Bill C-16, federal legislation that would change the Canadian Human Rights Code and Criminal Code to make discrimination on the basis of gender identity or expression illegal.

Airton said the campaign is in response to the "climate of the past five weeks," but not about "any one person or any one event."

"No Big Deal" also includes infographics on a website that people can look to as a resource if others question them.

It's not just about people who go by gender-neutral pronouns but transgender people who go by a pronoun different from what others might assume.

Allison Burgess, UofT's sexual and gender diversity officer, said the campaign is trying to correct some "misinformation" about trans identity.

"I love the spirit of the campaign, which is to say, a basic part of respecting each other is to use each other's pronouns," she said.

ENVIRONMENT

Ridesharing could lower emissions: Report

More than 588,000 tonnes of greenhouse gas emissions could be eliminated in the Greater Toronto and Hamilton Area over the next five years, according to a new report by MaRS and The Atmospheric Fund.

That's the equivalent of taking 25,000 passenger cars off the road for five years, according to Sasha Sud, a senior manager at MaRS Data Catalyst who led the development of the report.

The answer presents, itself, in commuter shuttles and ridesharing services such as UberPOOL and Lyft Line, Sud said.

"We think consumers are becoming more comfortable with sharing services with the presence of services like UberPOOL, even just generally in the marketplace with things like Airbnb," he said.

"We think that's an opportunity we can leverage to drive more shared services to address issues that are faced in the GTA today."

The report, released Monday morning, examined how effective implementation of microtransit would influence greenhouse gas emissions in the GTHA.

TORSTAR NEWS SERVICE

588,000

The number of tonnes of greenhouse gas emissions that shared services like commuter shuttles could eliminate over the next five years.

GET OUT OF DEBT | WITHOUT BANKRUPTCY WITHOUT LOANS | FREE CALL 310-9200 WWW.DAVIDSKLAR.COM

DAVID SKLAR, CPA, CIRP, LIT

DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee

Doctor's death leaves patients distressed

CRIME

Husband charged with first-degree murder in case

Patients needing highly specialized spinal-cord surgery — some who have been waiting for years in chronic pain — are anxiously awaiting information about the status of their operations and medical care, after a Toronto neurosurgeon was charged with first-degree murder in the death of his doctor wife.

Stranded patients — now without the care of two accomplished doctors — are part of the ripple effect from the death of family physician Dr. Elana Fric-Shamji, allegedly killed by Dr. Mohammed Shamji, her husband, the father of her three children and a Toronto Western Hospital neurosurgeon.

Staff from the University Health Network's division of neurosurgery worked through the weekend, scrambling to reassign Shamji's patients, said Gillian Howard, spokesperson for the UHN.

"The neurosurgical team is trying to work as quickly as possible and they understand that this situation is very distressing for the patients," Howard said in a statement Monday that does not mention Shamji by name.

Mohammed Shamji and Elana Fric-Shamji FACEBOOK

Staff are shocked and distressed, said Howard, "but the work now is to pull together around the care of our patients in order to meet their needs."

Scarborough General Hospital, where Fric-Shamji worked in the family practice teaching unit, is also reassigning her patients to other doctors within the unit, Dr. Tom Chan, Scarborough's interim chief medical officer, said.

Shamji, 40, was arrested in a Mississauga coffee shop Friday, one day after police discovered Fric-Shamji's body inside a suitcase near a bridge beside the West Humber River. He remains in custody until a bail hearing later this month.

The murder charge is not the neurologist's first brush with the law. In May, 2005, while the couple was living in Ottawa, Shamji was charged with one count of assault and two counts of uttering threats — charges that were withdrawn later that year.

Patients say they are shocked by the allegations against their doctor, describing Shamji as thoughtful and compassionate.

"He was very, very, very friendly and patient ... He wasn't one of those doctors who had a god complex," said patient Bernadette Green, who lives in Guelph.

Green, now 46, suffered compression fractures in three vertebrae when she was in a car accident 26 years ago. Initial spinal surgeries kept the pain at bay for a few years, but it has worsened in the past decade and been complicated by other conditions, including scoliosis.

After trying "every treatment and every medication," last year Green's mother saw a TV segment featuring Shamji and a pioneering new treatment for back pain, called Spinal Cord Stimulation.

Shamji performed the surgical procedure at UHN's spinal cord clinic, in which a small electrical stimulator is connected to your spinal cord, providing up to a 50 per cent reduction in pain.

Green waited more than a year to see Shamji, who then ran a months-long series of tests to determine if the Green was a candidate for the procedure. In October, Shamji gave her the green light and she was scheduled to have the surgery early next year.

"This was my last hope. This surgery was everything to me," Green said.

While she stresses that her pain is nothing compared to the grief of the couple's family and friends,

Green says she is distraught. As of Monday night, she had not received any information about what will happen now — "I'm back at square one," she said.

Howard, the spokesperson for the UHN, said if a patient has a procedure scheduled, "we are in the process of contacting those patients so they will know who will be handling their case."

Other patients who may be scheduled for a consultation in the future will be reassigned to another surgeon "and that surgeon's office will be in touch as soon as possible."

Shamji is due back in court Dec. 20. The couple's children are currently with Fric-Shamji's mother, according to police. TORSTAR NEWS SERVICE

> **This surgery was everything to me.**
> Bernadette Green

LENDING SERVICES

Report sounds alarm on high-interest loans

May Warren
Metro | Toronto

When she didn't qualify for a loan from a traditional bank, Giovanna Scarpa turned to a payday loan company to get a quick infusion of cash a few years ago.

She was able to pay the money back, eventually, but not everyone is so lucky:

"Once you get caught in the cycle it's impossible."

A new report from the Canadian Centre for Policy Alternatives is again sounding alarm bells about people's dependence on high-interest, short-term loans offered by private lenders. Published Monday, the think tank's report surveyed 268 members of the anti-poverty group ACORN.

About 47 per cent of respondents, nearly all of whom were from Ontario or B.C., said they use high-interest services to access money for food or housing. Another 45 per cent said they turn to such services because they had no overdraft protection.

"This report is showing what ACORN has been saying for years, that people are using high interest loans as a last resort because they have no other alternative," said Donna Borden, a spokesperson for ACORN's campaign.

BY THE NUMBERS

52%

52 per cent of respondents say they've taken out a payday loan.

30%

About 30 per cent said they've used a payday loan to buy food.

17%

About 17 per cent said they used one to pay for housing.

The group wants to see mainstream banks make it easier for low and moderate-income people to get traditional loans, she said.

The campaign also aims to cut fees for payments cancelled due to insufficient funds, have banks provide more overdraft protection and get the government to put stricter limits on the maximum interest rates lenders can charge.

IN BRIEF

Province removes barriers for disabled students

The province will develop an education accessibility standard to remove barriers that students with disabilities face in classrooms, curriculum and on school premises, Premier Kathleen Wynne said Monday. In the five-page letter sent Monday, advocates said barriers make it difficult for disabled students to succeed.

TORSTAR NEWS SERVICE

Tech curriculum gets boost

Ontario educators are getting help for their high-tech needs — with new lesson plans to teach coding and computer classes. Education Minister Mitzie Hunter made the announcement Monday, saying the province is boosting the number of specialized tech courses. The province will provide $150 million over three years.

TORSTAR NEWS SERVICE

TODAY ONLY!

Tuesday, December 6

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE:

Save $100

$89.99 each

GLUCKSTEINHOME
700-thread-count Egyptian cotton queen sheet set

Includes one oversized flat sheet, one fitted sheet with 18-inch pocket to fit up to 20-inch mattresses, and two pillowcases. Available in eight colours.

or queen duvet cover set

Includes duvet cover and two shams. Available in eight colours.

Save up to $35
Set of two matching pillowcases.
Regular $49.99 to 59.99
Sale $24.99 each set

Exclusively ours

Plus, 40% off

other bedding and select bath towels**

One Day Sale offers cannot be combined with Seniors Day discounts.

HUDSON'S BAY

$21.99

Introducing John Rae, our 2016 limited-edition Heritage Charity Bear

John Rae is named after Dr. John Rae, a surgeon, fur trader and explorer for the Hudson's Bay Company from 1833 to 1856. 100% of the net proceeds from the sale of John Rae support the HBC Foundation's Strength in Stripes program – over $1.6 million has been raised since 2005 to help Canadians achieve, thrive and win.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. *FREE SHIPPING: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbeques and mattresses. **Bedding excludes Sferra Linens, Frette, Lacoste, Marimekko, Ralph Lauren, Kate Spade New York and items with 95¢ price endings. Bath excludes beach towels by Kate Spade New York, Ralph Lauren, Lacoste and items with 95¢ price endings.

PUBLIC LIBRARY

Chinese Canadian archives now open

Seventy-one years ago Mavis Chu Lew Garland and eight of her preschool classmates were photographed on the porch of the Chinese Canadian Institute on the corner of Dundas Street West and University Avenue.

Times were different, rather "extremely difficult," she says, being born to a Chinese immigrant father and a white mother when interracial marriages were seen as unacceptable.

But now, at the age of 76, Garland and her classmates have come together to recreate a photo that was taken during a period of discrimination, and now represents a snapshot of Canadian immigrant history.

The photo, which Garland found while scrounging through old shoeboxes is just one of the artifacts donated to the Toronto Public Library as part of a three-year initiative, the Chinese Canadian archives, which opened on Tuesday at the Toronto Reference Library.

Since the announcement calling for donations in July, the library has received hundreds of articles to commemorate the historic voices of the Chinese people in Canada. Among the collection are old photographs of the city's first Chinese restaurants, and businesses that once existed in the area where city hall stands today.

But among the pieces of colourful memorabilia are documents highlighting a Canadian history of discrimination, including documentation on the racist Chinese head tax, showing how it rose from $50 in 1885 to $100 in 1900 and eventually to $500 in 1903 — at the time the price of buying two houses in Toronto.

In the next three years, the Library aims to collect artifacts to help fill in the gaps of the lost names, histories and voices of Chinese Canadians.

The archive will be preserved and maintained at the Special Collections section in the Toronto Reference Library.

TORSTAR NEWS SERVICE

The Toronto Public Library held a reunion of nine Chinese-Canadian immigrants who were last photographed together as children in Toronto's Chinatown 71 years ago. TORSTAR NEWS SERVICE

Michael Bradley and Toronto FC celebrate after beating the Montreal Impact in the Eastern Conference final. Players and fans will be hoping for the same kind of celebration this Saturday when they face the Seattle Sounders. TORSTAR NEWS SERVICE FILE

Gone in three minutes

TORONTO FC *At the box office*

All 36,000 tickets for championship game sell out

Gilbert Ngabo
Metro | Toronto

Good luck snatching up a ticket for Saturday's MLS Cup final between Toronto FC and Seattle Sounders.

It took only three minutes Monday for tickets released to the general public to be sold out. That means all of the 36,000 tickets — including those reserved for season-ticket holders — for the championship game at BMO Field are gone.

"I'm not surprised at all," said Chris Falvey, a longtime Toronto FC fan. "It's been 10 years of miserable soccer in Toronto, so people are eager to see this game."

Season-ticket holders like Falvey were given a chance to buy tickets early, but they won't be able to sit in the front-row seats they've held down all season. Most prime spots will go to sponsors, league dignitaries and delegates from other clubs.

NUMBERS GAME

- **The crowd at BMO Field** is expected to eclipse those drawn for other championship games.
- **Last year, 21,747 people** were on hand in Ohio to watch the Columbus Crew SC take on the Portland Timbers.

"It's not a big deal man, especially if we win," Falvey said.

He, like some other optimistic fans, is just happy to have the chance of a lifetime — watching Toronto FC's inaugural MLS championship showdown.

Other season-ticket holders, however, weren't all too impressed by getting the bump.

"It's a slap in the face for those of us who have supported the team since Day 1," said Michael Benedict, who has two season tickets in the lower level at BMO Field.

"I hope it was just a blip and people don't have to deal with this going forward."

Choosing poor-quality vinyl windows or patio doors is a *mistake*.

Choosing the proper window and door material is everything.

Even in moderate temperature swings, poor-quality vinyl windows and doors can warp, lose whatever energy efficiency they once had, and invite drafts and leaks.

Significant home improvements are supposed to last, but can you imagine the **expense and frustration** of replacing your windows and doors a second time, after just a couple of years?

We custom-build our windows from our own Fibrex® material. **Why did we make our Fibrex® material twice as strong as vinyl?** To serve homeowners who want their windows to **last.***

we don't sell vinyl windows

Call before December 31st to get our 2016 prices!

SAVE 20% ON WINDOWS AND PATIO DOORS![1]

Installation is included!

WITH **NO NO NO** FOR 1 YEAR[1]

MONEY DOWN PAYMENTS INTEREST

Offer available with our Instant Product Rewards at time of initial visit. Financing provided by third parties and is subject to credit requirements.

Renewal by Andersen
WINDOW REPLACEMENT
an Andersen Company

ENERGY STAR PARTNER

Call for your FREE Window Diagnosis

1-800-539-8990

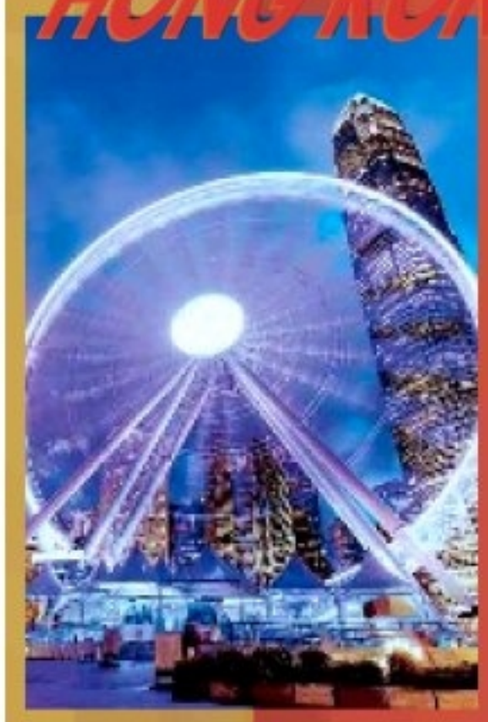
renewalbyandersen.ca

[1]Cannot be combined with prior purchases, other offers, or coupons. Offer not available in all areas. Offer available as part of Instant Rewards Plan which requires purchase during initial visit to qualify. O.A.C. Financing provided by SNAP Home Finance Corp. Offers available at participating stores only. Ask for details. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. All financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, which are subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. Renewal by Andersen of Greater Toronto is an independently owned and operated affiliate. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2016 Andersen Corporation. All rights reserved. ©2016 Lead Surge LLC. All rights reserved. *See the Renewal by Andersen 20/2/10 limited warranty for details.

Discover unforgettable stories in Taiwan and Hong Kong

Blend a journey of picturesque natural sceneries with unique east-meets-west culture. With just an hour's flight between the two destinations, an amazing array of contrasting experiences awaits you in Taiwan and Hong Kong.

TAIWAN 2 STORIES ONE TRIP HONG KONG



- GLP Worldwide 1.866.760.1987
  12D/10N Wonders of Taiwan and Hong Kong from $2,970
- Goway Travel 1.866.437.4879
  8D/6N Hong Kong and Taiwan Tour from $1,799
- Jade Tours 1.800.387.0387
  8D/6N Hong Kong & Taipei-One Trip-Two Countries from $1,930
- Journeys of Discovery 1.888.298.1788
  11D/9N Discover Hong Kong and Taiwan from $3,288
- Mandarin Holidays 1.855.752.3838
  11D/9N Asia Fun: Twin Cities Explorer - Hong Kong & Taipei from $1,899
- Nexus Holidays 1.855.604.6488
  13D/11N Splendid Taiwan and Hong Kong from $2,799

www.thestar.com/hongkongtaiwan

Taiwan THE HEART OF ASIA | EVA AIR A STAR ALLIANCE MEMBER | HONG KONG TOURISM BOARD

go2taiwan.net | evaair.com | DiscoverHongKong.com

Conviction a 'relief

JUDGMENT

Driver who killed loved one found guilty of careless driving

Luke Simcoe
Metro | Toronto

The toll that Toronto's deadly streets take on their victims was on full display inside a small courtroom at Old City Hall on Monday morning.

The family of Erica Stark fought back tears as they read victim impact statements, describing how the loss of their mother, sister, wife and daughter has affected them. And they breathed a collective sigh of relief when the woman who killed her was convicted of careless driving.

Erica, 42, was on the sidewalk at Midland Avenue and Gilder Drive on Nov. 6, 2014, when a Dodge Caravan swerved onto the curb, crashed through a bus stop and a traffic control box and hit her, sending her body hurtling into the intersection.

The minivan's driver, 35-year-old Elizabeth Taylor, was sentenced Monday to a $1,000 fine and a six-month driving ban.

After the first 30 days, she'll be allowed to drive to and from work and once a week to run errands, like shopping for groceries.

Justice of the Peace Lynette Stethem said two witnesses saw Taylor driving "faster than usual" but noted the court was unable to determine if she was speeding.

Erica's widower, David Stark, called the sentence "inadequate," but also an important moment in his family's healing process.

"That was the biggest relief. Just getting that conviction," he said.

> **The maximum fine for careless driving is $2,000. It should be $50,000.**
> David Stark

No sentence can bring Erica back, but David believes stiffer penalties for drivers who kill or seriously injure pedestrians could prevent other families from suffering through the same tragedy.

"The maximum fine for careless driving is $2,000. It should be $50,000," he said.

"The number of pedestrians and cyclists losing their lives on Toronto's deadly streets has been increasing and we need to find a better way to deter drivers."

A HUSBAND'S IMPACT STATEMENT

Father's words about the effect on his sons caused defendant to sob

When Erica Stark's mother, Linda Bissinger, talked Monday about losing a child — how it seems to "upset the natural order" — Elizabeth Taylor stared straight ahead.

As Erica's father, Edward Bissinger, described how every holiday and "happy occasion" is also a painful reminder of his daughter's death, she hung her head. But when David Stark described how his sons struggle growing up without a mother, Taylor let out a wail and began to sob.

It was a rare scene in provincial courtrooms. Those charged with careless driving are not required to attend sentencing hearings. That's something David wants to change. As a founding member of Friends and Families for Safe Streets, he's calling on the province to make attendance at sentencing — where victim impact statements are read — mandatory.

"I wanted her to understand how Erica's death affected all of us," he said. "That's part of justice."

STATEMENT

"I miss her more than I am able to express. Nov. 6, 2014, was the hardest, worst day in my life and in the lives of our children. When a police officer knocked on our front door, entered our house and delivered the news to me, my world as I knew it then was gone.

"When our children came home from school I had to tell them that their mother had been killed. I was a wreck. They had never seen their father break down the way I did.

"They were scared and I had not yet uttered the dreadful news. The weight of it was crushing. The fear and shock in their tear-filled faces and the agony they felt was horrible for them to experience and for me to witness.

"For a month following Erica's death, I did not sleep much. I lay in bed crying and thinking about what I could have done to prevent her death. I took some comfort hearing the sound of my sons breathing as they slept in my bed.

"When they woke up in tears, I

Widower David Stark, whose wife Erica was killed by a driver in 2014.
TORSTAR NEWS SERVICE FILE

for grieving family

David Stark leaves court after the verdict with his wife's father Edward Bissinger and her stepmother Linda.
STEVE RUSSELL/TORSTAR NEWS SERVICE

tried my best to comfort them. Dylan and Gavin returned to their beds after a few weeks, but Matthew slept next to me for 13 months. I didn't have the heart to suggest that it was time for him to sleep in his own bed.

"He is having a very difficult time coping. He is angry and, on a couple of occasions, has said that he wants to commit suicide. My heart breaks when I think about the pain and sadness he feels. He is just seven."

DEFENCE

Silence leaves painful questions unanswered

Even with Monday's guilty verdict, Erica Stark's family says they're still searching for closure.

Elizabeth Taylor did not testify at trial, and the defence offered no explanation for her actions, opting instead to cast doubt on the police reconstruction of the collision.

That means Erica's family still has no answer to the most important question: Why did she die?

"Only she knows really what went on in that vehicle. We may never have the answers," David said after the verdict was handed down.

Erica's father, Edward Bissinger, remains outraged that Taylor was never required to explain her side of the story — even after being convicted.

"I don't understand how a guilty driver can remain silent," he said.

The family is hoping to shed light on one piece of the puzzle in the new year. They've launched a civil suit against Taylor and will be in court Jan. 6 to ask Telus her to produce her cellphone records from the time of the collision.

Taylor refused an earlier request to provide the records, the Starks' lawyer, Patrick Brown, told Metro.

Elizabeth Taylor. TORSTAR

METRO

CIBC Miracle Day™ gives kids in need so much more than hope.

CIBC Miracle Day has been helping kids reach their potential for more than 30 years. On **December 7, 2016**, our CIBC Capital Markets team and CIBC Wood Gundy Investment Advisors will be giving back to our communities by donating their fees and commissions to charities that are helping kids rise above.

For more information, visit **cibc.com/miracleday.**

CIBC MIRACLE DAY
HELPING KIDS RISE ABOVE

The CIBC Miracle Day logo is a trademark of CIBC and used under license.

Scientist trying to save the world

ANTARCTICA

T.O. expert is part of team aiming to tackle climate change

Gilbert Ngabo
Metro | Toronto

A Toronto scientist is among 77 women from around the world who've landed in Antarctica with a mission of finding ways to save the planet.

Carol Devine set out on a 20-day exhibition to the Earth's southernmost over the weekend. Working under the tagline Mother Nature Needs her Daughters, she and other science leaders will be combining their skills in an effort to combat climate change and ensure sustainability.

It's part of the Homeward Bound Project, a worldwide initiative with a goal of promoting the impact of women in science. This year marks the beginning of a 10-year program to build a 1,000-strong global coalition of women in science.

"Women are so underrepresented in so many parts of scientific research, it's very unfortunate," said Devine, whose background in health and social science has led her to humanitarian work and sparked her environmental interest.

She has previously led and participated in cleanup efforts in Antarctica and the Arctic Circle, collecting debris to help promote better ecological practices. During this expedition, the group will study different biology and climate issues.

The initiative comes at a time when scientists are sounding the alarm about climate change.

Temperatures have been rising at a "worrying rate" in different parts of the world, affecting livestock, agriculture and water levels, Devine said.

"We are in big trouble. No one likes bad news, but it's not looking good for the future of our planet," she said, noting some islands in the Pacific Ocean may start relocating their populations.

Even Antarctica, which houses one of the world's largest sheets of ice, has started melting, she said.

"The onus is on us to not only shine a light on these problems but also try to find solutions."

> We are in big trouble. No one likes bad news, but it's not looking good for the future of our planet.
> Carol Devine

Carol Devine will be part of an expedition that has women from the science world heading to Antarctica next month.
EDUARDO LIMA/ METRO

NATURE

Scoop released into wild

It turns out Scoop the raccoon has a bit of an attitude.

With a snarl, the little bandit made a dash for freedom Monday night after staff from the Toronto Wildlife Centre's animal rescue team released her into a ravine in Rosedale.

Scoop the raccoon. JESSE WINTER

Scoop — who was spotted on the ledge of a fourth floor window at 1 Yonge St. last month — will join a community of other raccoons in the dense ravines in the neighbourhood. The area attracts a lot of urban wildlife including foxes and occasionally deer because it's such a good environment for animals, said wildlife centre executive director Nathalie Karvonen.

"We wanted to give her the best chance at survival possible," Karvonen said.

TORSTAR NEWS SERVICE

A bad day for education

LABOUR

Minister called on to quit after all Nova Scotia schools closed

Zane Woodford
Metro | Halifax

Calls for the resignation of Nova Scotia's minister of education bounced off the walls inside and outside the Nova Scotia House of Assembly on Monday, but to the minister herself, the idea was laughable.

After shutting down every school in Nova Scotia on Saturday, Minister Karen Casey announced Monday that they'd reopen Tuesday, citing a change in the directives around the Nova Scotia Teachers Union's planned work-to-rule job action. Casey had said on Saturday that the union's work-to-rule job action would make schools unsafe for children, leaving her with no choice but to close them.

"Those circumstances have now changed, and they've changed for the better," Casey said Monday afternoon.

Teachers took to social media Monday to show what they were doing in empty classrooms. TWITTER

The leader of the province's Progressive Conservatives, Jamie Baillie, called on Casey to resign.

"The government really decided to play politics with students and classrooms," Baillie said Monday. "They closed the schools, causing great hardship to all Nova Scotia families on the pretext of safety. That pretext was blown out of the water for the lie that it is today, and now the government's credibility is in tatters."

During an eight-minute press conference for which the minister was 25 minutes late, Casey laughed when asked if she was considering resigning.

"I have no intention of resigning," she said.

By the end of the day Monday, the crowd outside the House of Assembly numbered in the hundreds, and speakers, to cheers, called for Casey's resignation.

Maylia Parker and her husband Jeff brought their kids Mattias and Ella to the protest Monday morning, wanting to give them a lesson in politics.

"We decided instead of going to work today, we would take this time to educate our kids on civic duty, and democracy, and how this process works," Parker said, calling the government's reason for closing schools "a crock, a complete excuse."

"The government did a good job of pissing off parents, they really did," she said.

Messages of support

"My kids … benefit every day at school from the hardworking teachers that go above and beyond," Marcie Rossiter said.

Rossiter was one of many who took action Monday to show support for teachers. There were stories of muffins being dropped off and parents lining up to clap for teachers as they walked into school. Rossiter got some chalk and drove her two daughters to their school, and although she wasn't able to attend the rally, she said she still had to "do something." She wrote chalk messages at both entrances to the school, such as "we love our teachers."

A student at a rally in Halifax on Monday. JEFF HARPER/METRO

Report warns of drone terror

Publicity about near-misses between drones and passenger aircraft might give terrorists ideas about how to take down a plane, a federal intelligence report warns.

The Transport Canada report also suggests small unmanned aerial vehicles, or UAVs, could easily be used for advance surveillance of targets.

However, given the short flying time — 10 to 40 minutes — of most off-the-shelf drones and strong, persistent winds at high altitudes, "intentionally striking an aircraft in-flight would be unlikely," the report adds.

The report documents five reports of "near misses" between Canadian aircraft and UAVs last year. In September 2015, a WestJet flight from Edmonton to Abbotsford, B.C., reported a drone passing about 60 metres underneath the plane.

Just last month, a Porter Airlines fight to Toronto narrowly avoided crashing into an object initially thought to be a drone.

THE CANADIAN PRESS

ELECTORAL REFORM

Tax breaks could put women on the ballot

Ryan Tumilty
Metro | Ottawa

A House of Commons committee that suggested dramatic changes to how Canada votes also wants parties to get a financial incentive to put more women on the ballot.

The Special Committee on Electoral Reform released their report last week, and while much of the attention was focused on a potential new voting system and a national referendum to make that choice, they also had some suggestions on gender diversity.

Their suggestion was to have Elections Canada come up with a financial incentive that would encourage parties to get more women running for office.

Nancy Peckford, a spokesperson for Equal Voice, which encourages women to run, said they believe the suggestion is an important step forward.

"We are very glad that they addressed the issue," she said.

According to Equal Voice, there were 97 ridings in the last federal election where there were no women on the ballot for the major three parties. Currently, 27 per cent of MPs are women.

Peckford said some parties did better than others in the last election and a financial incentive could help change that balance.

> **They would just make that additional effort.**
> Nancy Peckford

She said getting women to run may require parties to reach out more to find good candidates and putting a financial incentive could help change things.

"They would just make that additional effort in the ways they don't always."

The Liberals have not committed to the referendum called for in the committee report and have instead started a national online consultation about changes to the voting system.

MONTREAL CALL MR. PLOW Early snowy blasts are creating havoc on the roads. Montreal is not immune as we see reflected in the misadventures of bus drivers and others who became caught up in the snowballing situation. TEXT: ANDREW FIFIELD/METRO; PHOTO: FACEBOOK/TORSTAR NEWS SERVICE

Defence worker in $1M Kijiji jam

OTTAWA

Man accused of selling stolen computer parts

Haley Ritchie
Metro | Ottawa

A National Defence worker allegedly stole more than $1.2 million worth of computer equipment over four years by using false purchasing orders, court documents show.

Andrew Heggaton, 33, was a civilian employee with the Department of National Defence inside the Canadian Forces Crypto Support Unit. He was fired in 2015 after an investigation caught him creating false documents and stealing expensive computer equipment, the documents say.

Heggaton was caught in the act on March 6, 2015, the court file says, with stolen parts totalling over $5,000 found on his person.

Court documents note that the stolen parts included 15 Intel Core I7 Processors which retail for around $550 each, and four Crucial BX 100 SSD Cards, which retail for around $250 each.

The parts he was caught with in March were the latest in a long-running con that saw him order over $1.2 million worth of merchandise on behalf of the government, the court documents allege.

Heggaton would allegedly order computer parts for the department with fake purchasing orders and pocket the money after reselling them on Kijiji.

Heggaton faces seven charges, including forgery, fraud, theft and trafficking of stolen goods.

While he was required to get approval on purchases, falsified documents prevented him for being caught.

The department's finance manager, Gerry Ringuette, approved orders without knowing that Heggaton hadn't received a real approval signature.

Between June 2011 and March 2015, the documents say Heggaton purchased $966,933 worth of parts. He allegedly purchased from computer part suppliers on behalf the Canadian Armed Forces by creating fake purchasing orders.

Heggaton falsely ordered $67,123 of merchandise from Netlink Computer Inc. and $61,033 from software company Softchoice, the documents allege.

In another incident on Sept. 4, 2014, the documents claim Heggaton falsified an invoice for $16,540.42 worth of computer parts.

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,

MALE OR FEMALE 18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from $1,000 to $4,000 depending on the length of the study.

BioPharma SERVICES INC. Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

INFO SESSIONS

HUMBER

JAN 23

CRIMINAL JUSTICE, HUMAN SERVICES & FIRE PROGRAMS

6pm – 8pm
Lakeshore Campus

Meet current faculty, students, and learn about program offerings.

communityservices.humber.ca

2017 CENTENNIAL CLASSIC ALUMNI GAME ROGERS.
NEW YEAR'S EVE.
EXHIBITION STADIUM.
OUTDOORS.
DEC 31 • 12 PM
NHL.COM/CENTENNIALALUMNITICKETS
© NHL

Fireworks fill the night sky after activists learned an easement had been denied for the Dakota Access Pipeline near the Standing Rock Sioux Reservation on Sunday night. GETTY IMAGES

'The whole world is watching'

STANDING ROCK

After massive achievement, activists vow to keep fighting

Protesters who celebrated a major victory in their push to reroute the Dakota Access oil pipeline vowed to remain camped on federal land as they wait to find out whether president-elect Donald Trump might seek to overturn a decision that delayed the $3.8-billion project.

The American Petroleum Institute, which represents the U.S. oil and natural gas industry, urged Trump to make approval of the disputed pipeline a "top priority" once he takes office next month, but a Trump spokesman on Monday offered few clues about how the incoming president might address the matter.

The Army Corps of Engineers on Sunday denied a permit for the pipeline to cross under the Missouri River in southern North Dakota near the Standing Rock Sioux Reservation. The tribe believes the 1,900-kilometre pipeline to transport oil threatens drinking water and cultural sites.

"I am hopeful President-elect Trump will reject the Obama administration's shameful actions to deny this vital energy project," American Petroleum Institute President and CEO Jack Gerard said in a statement late Sunday.

"The whole world is watching," said Miles Allard, a member of the Standing Rock Sioux. "I'm telling all our people to stand up and not to leave until this is over." THE ASSOCIATED PRESS

OAKLAND

No more bodies expected in fire

Terry Ewing was among the anxious family and friends who received confirmation Monday of what he already knew in his heart: His girlfriend was among the three dozen killed in the Oakland warehouse fire.

Authorities confirmed the death of Ara Jo as the death toll rose to 36. Prosecutors also said Monday that murder charges could result from their investigation into the fire that broke out during an underground dance party at a building known as the "Ghost Ship."

Alameda County Sheriff Gregory Ahern said he didn't believe there would be additional bodies found in what is the most lethal building fire in the U.S. in more than a decade. THE ASSOCIATED PRESS

WASHINGTON, D.C.

From online rumour to real violence

The bizarre rumours began with a leaked email referencing Hillary Clinton and sinister interpretations of references to pizza parties. It morphed into fake online news stories about a child sex trafficking ring run by prominent Democrats operating out of a Washington, D.C., pizza joint.

On Sunday, it culminated in violence when police say a North Carolina man fired an assault rifle inside the Comet Ping Pong restaurant as he attempted to "self-investigate" the conspiracy theory known on the Internet as "Pizzagate." No one was hurt and the man was arrested.

One person clinging to the conspiracy theories is connected to Donald Trump's transition team. Michael Flynn Jr. is an adviser to his father, Michael Flynn, whom Trump selected to serve as national-security adviser. Flynn Jr. has tweeted numerous times about Pizzagate. THE ASSOCIATED PRESS

Edgar Maddison Welch surrenders to police on Sunday after "investigating" a conspiracy. SATHI SOMA/THE ASSOCIATED PRESS

WIN WHAT YOU LOAD CONTEST

GET IT ALL BACK

Every time you load your registered PRESTO card using one of our self-serve options — like **AutoLoad**, **Add-Value Load** or with a **Self-Serve Reload Machine** — you're automatically entered for a chance to WIN back your loads.

So if you're not already using self-serve, what are you waiting for? Self-serve and load up!

For full contest details gotransit.com/PRESTO

Pour plus renseignements, veuillez visiter le site gotransit.com/PRESTO

METROLINX PRESTO

NEW YEAR'S EVE. EXHIBITION STADIUM. OUTDOORS.

DECEMBER 31 • 12:00 PM

TICKETS AVAILABLE AT NHL.COM/CENTENNIALALUMNITICKETS

© NHL

DETROIT RED WINGS ROSTER

KRIS DRAPER
NICKLAS LIDSTROM
MANNY LEGACE
DINO CICCARELLI
LARRY MURPHY
KEVIN HODSON
MARTIN LAPOINTE
CHRIS CHELIOS
DOUG BROWN
JIRI FISCHER
SERGEI FEDOROV
PAUL COFFEY
SLAVA KOZLOV
MATHIEU DANDENAULT
BRENDAN SHANAHAN
TOMAS HOLMSTROM
MICKEY REDMOND
DARREN MCCARTY
IGOR LARIONOV
KIRK MALTBY
JOE KOCUR

2017 NHL® CENTENNIAL CLASSIC™ ALUMNI GAME™ ROGERS™

TORONTO MAPLE LEAFS ROSTER

DARRYL SITTLER
TOMAS KABERLE
CURTIS JOSEPH
DOUG GILMOUR
DAVE ELLETT
FELIX POTVIN
RICK VAIVE
BRYAN MCCABE
MIKE PALMATEER
DARCY TUCKER
BORJE SALMING
WENDEL CLARK
DMITRI YUSHKEVICH
LANNY MCDONALD
AL IAFRATE
GARY ROBERTS
BOB MCGILL
DAVE ANDREYCHUK
TIGER WILLIAMS
TIE DOMI
STEVE THOMAS
GARY LEEMAN
MATS SUNDIN

2017 CENTENNIAL CLASSIC ALUMNI GAME ROGERS.
NEW YEAR'S EVE.
EXHIBITION STADIUM.
OUTDOORS.
DEC 31 • 12 PM
NHL.COM/CENTENNIALALUMNITICKETS
© NHL

metro VIEWS
Your essential daily news
Tuesday, December 6, 2016

CHANTAL HÉBERT ON THE 'LOCK HER UP' CHANT

Does Chris Alexander not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate debate?

What could former immigration minister Chris Alexander have been thinking?

On Saturday, the federal Conservative leadership hopeful spoke at an Alberta rally against that province's planned carbon tax.

As he regaled the crowd with an invitation to vote out NDP premier Rachel Notley, protesters began the "Lock her up" chant that was one of the more despicable features of president-elect Donald Trump's campaign.

A video of Alexander shows him smiling and then nodding along and gesturing in time with the chant.

He then resumed speaking — for about a full minute — but never alluded either to the chant or to what he subsequently said was his sense that it was totally inappropriate.

He told the CBC: "I was smiling because I was trying to think of a way to change the chant."

To Maclean's, he maintained that he disapproved of the chant but that he believed one should listen to constituents.

But the latter did not stop Jason Kenney — even as he is campaigning for the Tory leadership in Alberta — from calling out the protesters.

As opposed to Alexander, Kenney does have a dog in the provincial fight against Notley. He tweeted: "There are good reasons to oppose a carbon tax. But calling on our democratically elected premier to be 'locked up' is ridiculous and offensive."

Just last week on CBC's The National, Alexander agreed to read some of the abusive e-mails and tweets he received for his role in handling the Syrian refugee crisis.

BODY LANGUAGE Conservative leadership candidate Chris Alexander smiled while his supporters called for the sitting Alberta premier's incarceration. THE CANADIAN PRESS

The main point of the exercise was to expose how social media has become a vehicle to spread hatred against politicians and their families in general and women in politics in particular. Vile language is increasingly becoming par for the course in Canada's public debate — at some cost to citizen engagement.

For every protester validated by Alexander's silence on Saturday, there are likely many who found his complacent silence at least as disturbing as the chant itself.

Does he not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate debate?

One can only wonder why Alexander spoke at the demonstration in the first place. Federal leadership aspirants — or at least those who are considered serious contenders — do not normally take the stage at protests against sitting provincial governments. There are good reasons for that.

As often as not the stuff that party supporters dislike in one province is party policy in another.

In Alexander's own province of Ontario, Tory leader Patrick Brown, a former federal caucus colleague, subscribes to the necessity of pricing carbon.

In Manitoba, Conservative Premier Brian Pallister — yet another former federal Conservative caucus member — has promised to deliver a made-in-Manitoba carbon-pricing plan.

Both are leaning towards a revenue-neutral carbon tax.

Alexander left diplomacy for elected politics less than a decade ago. At the time he was considered a star recruit. But the go-along-to-get-along attitude that may have been an asset in diplomatic circles has not served him well in politics.

It is not the first time he has missed an opportunity to show that he is neither tone-deaf nor spineless.

With Canadians reeling from the photographs of the lifeless three-year old Alan Kurdi at the time of the 2015 federal campaign, he gave the CBC an interview about the Syrian refugee crisis that was so devoid of empathy that it probably went some way to costing him his seat.

In the days leading up to the vote he, along with leadership rival Kellie Leitch, took on the dubious mission of promoting a government snitch line to report so-called barbaric cultural practices.

Prior to throwing his hat in the leadership ring, Alexander said in an interview that both issues had been mishandled. He believes that contributed to the Conservative defeat. They were also the only two campaign events that featured him in a frontline role. Not that it is really an excuse, but in contrast with Saturday's appearance in Alberta, he could at least be assumed to have been acting on orders from the campaign brain trust.

On Tuesday evening, the 14 men and women who are currently vying for Stephen Harper's succession will take part in the first of two debates designed to offer a measure of how fluent they are in both official languages.

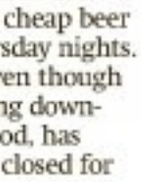
That may be the only test of leadership the bilingual Alexander will pass with flying colours.

Chantal Hébert is a national affairs writer.

This is not the first time Alexander has missed an opportunity to show that he is neither tone-deaf nor spineless.

Mayor's plan to scrap vacancy tax rebate is no empty gesture

TORY'S TORONTO
Matt Elliott



While Mayor John Tory's surprising move to support highway tolls has dominated the conversation at city hall over the last couple of weeks, there's another piece of the mayor's fiscal plan that demands your attention.

Tory has called for an end to the massive property-tax break given to building owners who keep their units empty.

I am very, very happy about this.

For me, it's an issue that hits close to home. There's a diner at the end of my street. It's one of those classic greasy-spoon places. A sign in the window advertises cheap beer and wings on Thursday nights.

But the diner, even though it's part of a growing downtown neighbourhood, has been permanently closed for more than seven years.

This is frustrating for two reasons. First, I'm missing out on easy access to cheap beer and wings on Thursday nights. Second, because of existing city policy, it's likely I am subsidizing that unused space — paying to support the continued existence of an empty restaurant.

You're probably paying too. For this diner and for the other perpetually and stubbornly unused retail spaces in your neighbourhood.

Under provincially imposed regulations, Toronto offers building owners a rebate on their property taxes if their units are unoccupied — commercial properties get 30 per cent while industrial properties get 35 per cent

There are conditions on the program, including the requirement that owners receiving the rebate show some attempt to rent the space, but there is no time limit on receiving the rebate.

Overall, it's very generous to property owners, and represents a big revenue hit for the city.

A city report released in 2014 indicated that since the vacancy rebate program was enacted in 2001 more than $367 million in subsidies had been given to property owners. About a third of all subsidies were given to property owners in the downtown core.

But the negatives of this program are about more than just the lost tax cash. It also incentivizes bad behaviour. If you're lucky enough to own a building in a growing neighbourhood, the tax break makes it more appealing to avoid the hassle of tenants and sit on your property for a few years, letting the value appreciate.

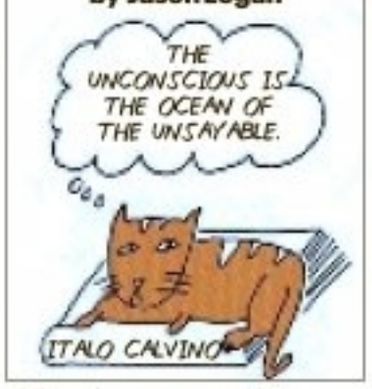
At its worst, it prioritizes the financial concerns of building owners over the everyday needs of neighbourhoods.

Thankfully, the mayor is on it. After the provincial government indicated they would review the program, Tory announced in his speech to the Toronto Region Board of Trade that he would move to end it altogether.

Stacked up next to road tolls and transit plans, this might seem like a small thing. But for those of us frustrated with perpetually closed diners and boarded-up retail spaces, it's no empty gesture.

metro
Your essential daily news
CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR TORONTO
Angela Mullins
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Jimmy Kimmel will host the 89th Academy Awards on Feb. 26, his first time as Oscars MC

Doctors' diagnosis: burnout

MEDICAL PROFESSIONALS

Working 100+ hours per week takes a toll on residents

Genna Buck
Metro

Imagine this was your schedule: All week, your alarm buzzes at five a.m. You're at work by six, and then it's non-stop until eight or nine at night. Lunch break? If you're lucky.

The next day, you're on call for 24 hours. You may or may not get to sleep.

That's life as a medical resident in Canada. In most specialities, residency is a four-year marathon after med school: 100-hour workweeks, evenings spent studying and up to seven 24-hour call shifts a month, except in Quebec, where they're capped at 16 hours.

Experts have been debating for decades about whether doctors who work such long days are hurting patients — or themselves.

Their focus has shifted since 2013, when a research report from Canada's doctors' associations found, surprisingly, no clear evidence that patient safety improves when doctors aren't allowed to work above a certain number of hours per week (typically 80), or are required to block off five uninterrupted hours to sleep.

Rather than strictly limiting hours, hospitals and doctors' groups are turning to interventions like the resiliency curriculum developed by Resident Doctors of Canada. It's based on cognitive behavioural therapy and teaches self-monitoring and mindfulness.

Dr. Kimberly Williams, president of RDoC, believes long hours are not the only, or even the most important, contributor to burnout. It's the pressure of being constantly evaluated, the lack of control over your schedule, and uncertainty about the future, she said.

Two major studies in the past month, one from the Mayo Clinic and one in the medical journal The Lancet, looked at ways institutions have tried to deal with fatigue, emotional exhaustion, and extraordinary depression rate: 29 per cent, versus 12 per cent of the general population.

The Mayo clinic study found hospitals had the most success with organization-wide changes like regular psychological screening, leadership training for supervising doctors and bi-weekly group dinners where residents can vent to peers who understand.

The Lancet paper, which reviewed previous studies, found pretty much all burnout-reduction programs were equally, and not very, effective. On average, they reduced burnout rates from 54 per cent to 44 per cent, as measured by a standard psychological test.

And that's assuming those who have a problem admit it.

Many doctors don't, said one resident who has trained in both Ontario and Quebec hospitals. He didn't want us to mention his name or even his speciality.

He described workplaces with a "machismo" culture and unsustainable stress, and needed counselling to cope.

Young doctors are often far from home, working for bosses who are depressed and irritable, and dealing with traumatic cases and patient deaths for the first time — all without a moment to breathe, he said.

"I've worked 24 hours straight without a break of any kind, having a granola bar in my pocket," he said. "Pretty much every resident can describe a situation like that."

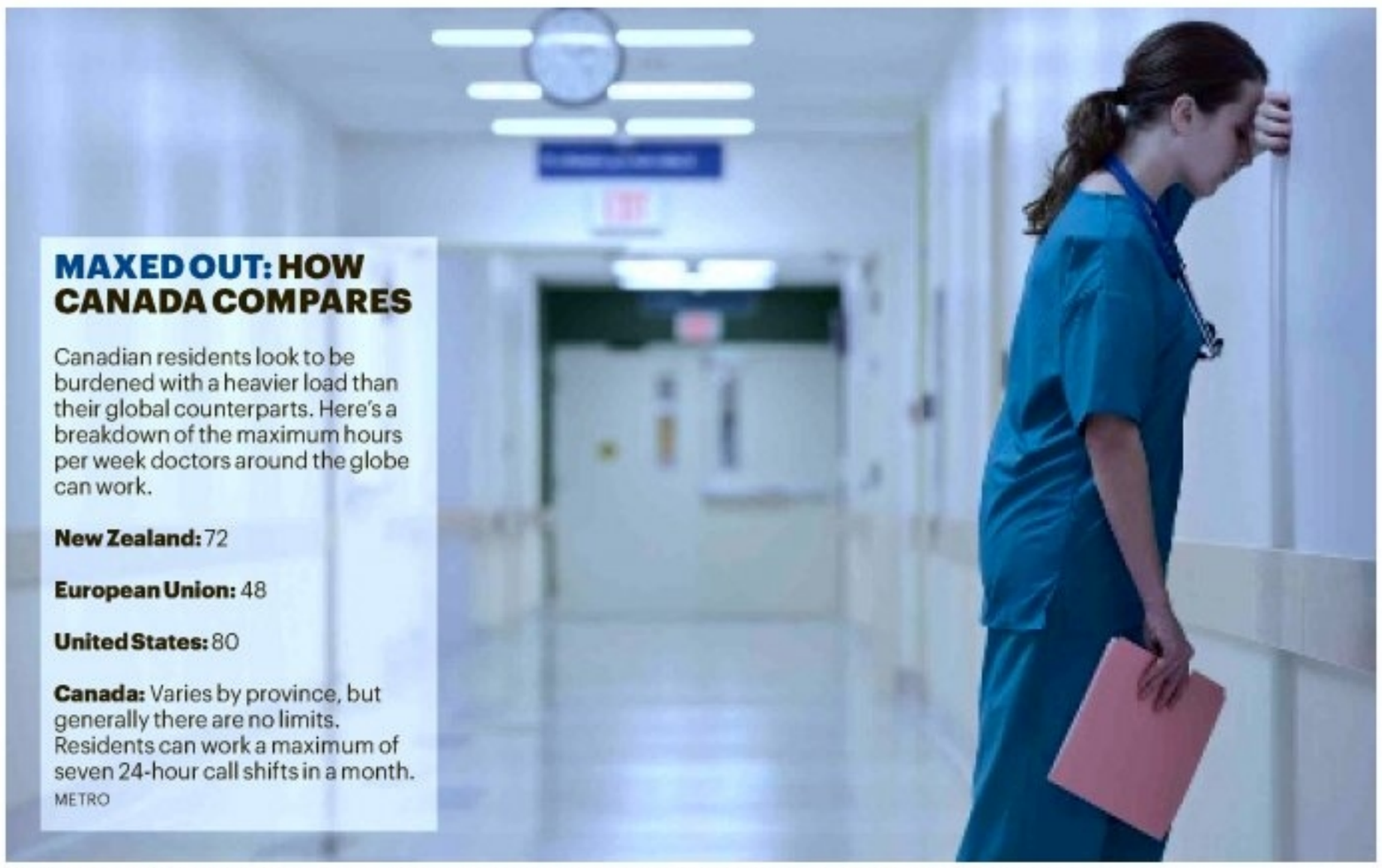
It's a recipe for depression: "This weird thing happens. You feel like there's no life outside of residency. You forget about yourself. You feel like a slave, and like you'll be a bad doctor."

Even going to the bathroom feels like letting down a patient and your co-workers, he added.

He said there's not a clear solution. More downtime means the need for more residents, who will need more (taxpayer funded) jobs after their training. And with more doctors on duty, studies show, there are more patient hand-offs, increasing the chance something important will be missed.

He'd like to see hospitals reduce the amount of time doctors spend on paperwork that could be done by someone else. But at the heart of the issue is the need for more rest.

"It would be very helpful to be able to do the things we did to get into med school: volunteer, be a community member, see family and friends. The culture says those things are frivolous. They're not," he said.



MAXED OUT: HOW CANADA COMPARES

Canadian residents look to be burdened with a heavier load than their global counterparts. Here's a breakdown of the maximum hours per week doctors around the globe can work.

New Zealand: 72

European Union: 48

United States: 80

Canada: Varies by province, but generally there are no limits. Residents can work a maximum of seven 24-hour call shifts in a month.

METRO

Young doctors across Canada are risking fatigue and emotional burnout with their working hours. ISTOCK

When it comes to casual boots, researchers found Sperry's Vibram Arctic Grip boots (left, $200; Sperry.com) performed best. For safety boots, Dakota's transitional boot with "Green Diamond" soles ($199.99; Marks.com) were the top rated.

SLIP AND FALLS

Study finds the best footwear to get a grip

This winter, thousands will feel their legs fly out from under them, and curse the icy surface that forced them to the ground.

A 2013 Toronto Public Health study found that when there is snow or ice on the ground, more than 40 per cent of people aged 35 to 59 years and 60 per cent of those aged 60 to 85 said they would avoid going outside.

A group of researchers is trying to prevent those winter falls by helping Canadians pick out the safest, non-slip winter boots on the market. Researchers on the iDAPT team at the Toronto Rehabilitation Institute-University Health Network examined 98 pairs and rated their grip on slippery surfaces on a scale of one to three snowflakes.

"You put snow tires on your car in the winter, surely you should worry about the boots you're going to wear in the same weather," said Geoff Fernie, the research director at the Toronto Rehabilitation Institute.

Researchers tested the slip resistance of 98 different pairs of new winter boots on ice, including safety and casual shoes, and found that just eight per cent met minimum standards.

Volunteers strapped into harnesses and wore boots in the WinterLab, a cool laboratory that recreates winter life in Canada. The Winterlab features sub-zero temperatures, blistering winds, icy sidewalks and slippery hills. Each boot was given a ranking on — what else — a snowflake scale.

Boots were measured based on the "Maximum Achievable Angle" testing method, hailed as the first of its kind. Boots that were slip-resistant at an angle of seven degrees — the angle that Ontario's accessibility guidelines specifies for curbs you see on sidewalks — were awarded one snowflake. Two stars were awarded for 11 degrees and three stars for 15 degrees. But none of the boots tested met the two or three star standard.

"We discovered that 90 of the boots we tested couldn't even get to seven degrees, they couldn't even get to one snowflake," Fernie said. "In fact, some of them were so bad that people couldn't stand up on level ice without their legs going out from under them like a cartoon character."

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Bull takes viewers by the horns

THE SHOW: Bull, Season 1, Episode 6 , Global TV
THE MOMENT: The smirking certitude

"Why would you dismiss a juror who cares about intellect?" hisses the client, a brilliant surgeon accused of malpractice, to his trial consultant, Dr. Jason Bull (Michael Weatherly), during jury selection.

"Because she's an idealist and we want pragmatists who'll put up with you because you're the best, despite your prickly exterior," Bull answers. "Have you ever heard of the ass to awesome ratio? It means the bigger an ass you are, the better you'd better be. You're reaching that threshold."

"Have you applied that ratio to yourself, Dr. Bull?" the surgeon asks.

My dear surgeon, Bull need not apply any real-world constraints that might threaten his awesomeness.

He enjoys the luxury shared by all TV smarty-pants: the ability to skate serenely over implausibility merely by talking quickly. (See also: Olivia Pope.)

Implausibility like this: in another episode, Bull hands the next day's jury roll to a newbie lawyer. "Nobody gets this in advance," Newbie sputters.

"We do," replies Bull. "Better not to ask."

So true. What better way to create a TV genius than to free him from pesky — what is it called — realism? Bull is based on the early career of TV shrink Dr. Phil McGraw, who also skated to fame by never letting complex ideas get in the way of his certitude.

People love certitude — that's why Bull is one of the top new shows this year. Viewers know they can curl up in Weatherly's ever-present smirk and be carried safely to bedtime, relieved that someone out there has all the answers.

Michael Weatherly portrays Dr. Jason Bull, whose surname is sometimes taken too literally by the show's writers. CBS VIA AP

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Annie Wong has recently had two friends break up with her. STEVE RUSSELL/TORONTO STAR

The best of friends, until the bitter end

RELATIONSHIP STATUS

Platonic splits prove to be just as difficult as romantic ones

Annie Wong has been told she can be a bad friend.

Earlier this month, she and a friend were emailed by a mutual acquaintance asking about a possible artistic collaboration. In a reply-all message, what came back from the friend was a shock: "I no longer speak with Annie Wong."

Despite the pair meeting in "a magical way" on the streetcar a year ago, sharing creative interests and the intention to develop a closer bond, they didn't hang out that much. The now-former friend accused Wong of not making time for the friendship.

"She was right," said Wong on Nov. 17, a day that happened to be National Unfriend Day, a faux holiday created by comedian Jimmy Kimmel, to "protect the sacred nature of friendship," according to its Facebook page.

Wong is a self-described introvert and multidisciplinary artist who finds it hard to balance her personal life with her many gigs. She feels guilty about missing baby showers and birthdays but didn't see this breakup coming.

"When this happened it made me think about all of my friends because I've made so many interesting friends and I miss them," said Wong, 32.

Though the depths of romantic breakups are plumbed in movies, books, lovelorn poetry and songs, platonic breakups — an actual rupture, not just ghosting — can be just as devastating if less visible, said Shasta Nelson, a California-based friendship expert and author of two books on friendship.

On a new episode of Chelsea Handler's talk show, the comedian discusses friend breakups with celebrities Trevor Noah, Sarah Jessica Parker and Julianna Margulies. But other examples are tough to recall. That lack of exposure is a shame because most women will experience the end of a friendship more often than the end of a romance.

"Chances are higher that we would have more platonic breakups in our lifetime than romantic breakups," Nelson said. "We have so many more friends than we do dating partners, but we don't talk about it very much."

The five most common threats to friendships include blame, jealousy, judgment, neglect, and non-reciprocation, said Nelson, who founded FriendsCircles.com, a friendship matching site.

There are no cultural guideposts or social models for how friend breakups should happen. Nelson recommends having "the talk" to end things with healthy closure just as one would with a lover, even if it can be awkward — which it will.

She said most people will replace half of their current close friends in seven years, a fact backed up by a longitudinal Dutch study published in 2014 in the journal Social Networks.

That study, based on a multi-year survey, showed that while the average number of confidants and friends remained stable, about half of those contacts were swapped out for new ones within seven years, often due to life-changing events such as a new job, marriage or neighbourhood.

Experts say many friendships needn't end entirely, especially among the kind of pals who have been around long enough to remember childhood homes or first marriages. But there are deal-breakers, said Irene S. Levine, author of Best Friends Forever: Surviving a Breakup with Your Best Friend and professor of psychiatry at the New York University School of medicine.

Those include behaviour that undermines you, your career, or other relationships, such as badmouthing and gossip. It could also be behaviour that is untrustworthy, such as lying or spilling secrets, or encroaching on boundaries, such as stealing friends or copying.

Not all friendships that fail are toxic. Some just don't work. Many friendships end "when there are consistent misunderstandings, disappointments, friction," psychologist Levine said

If that happens, be sure you're prepared to deal with the fallout.

"Once you pursue that route, there's no going back," Levine said. "You have to be very sure. You'll never be able to reclaim the friendship at the same level of intimacy." TORSTAR NEWS SERVICE

If you're building a friendship, you do invest a lot of time and emotion.
Annie Wong

5 COOL GIFTS FOR THE GYM RAT IN YOUR LIFE

Finding presents for the fitness buff who looks forward to the gym as much as holiday dinners can be tricky, but there are plenty of options — beyond white tube socks and fresh running shoes — to hide under the Christmas tree that will help get them back burning calories by Boxing Day. TORSTAR NEWS SERVICE

1 Feel the benefit of a dry run

Packtowl is a lightweight towel that wrings out almost completely dry and doesn't smell up a gym bag or locker. $11-$45, MEC stores and mec.ca.

2 Stink-free sweating

Sport Suds is a residue-free laundry detergent designed to keep high-tech clothing performing well and stink-free — the Holy Grail for many fitness fanatics. Available at Running Room stores and runningroom.com for $21.99.

3 Don't skip a single beat

For a no-fuss workout that travels well, nothing beats a skipping rope like the Nike Speed Jump Rope, $17.99 at Sporting Life stores and sportinglife.ca.

4 Sleek style, big gains

The water-resistant Annex Duffle bag with tuck-away backpack straps makes a great gym bag for fans of minimalist styling. $65, MEC stores and mec.ca.

5 Turn over a new leaf

DavidsTea lock top travel mug is a leak-proof thermos that keeps post-workout recovery drinks hot or cold. $34, DavidsTea stores and davidstea.com.

LEARNING CURVE

WHAT TO EXPECT FROM YOUR FIRST POST-SECONDARY EXAM

Remember your very first test? Palms sweating and knees shaking, you clutched onto your pencil as Teacher handed out those papers and you prayed you might be able to peek over your pal's shoulder for a few of the answers.

Years later and your first post-secondary exam is on the horizon. The nerves of the past remain, but now your panic is in part due to your not knowing what to expect when entering the exam room. So what can you study up on to prepare you for this all-new type of test?

"Definitely students should know that the weighting of the exams is different," says Alison Crerar, academic advisor and course instructor at the University of Guelph. "In high school you have many different opportunities throughout the year to build a final grade. Whereas here you can have two midterms and a final exam and that's it."

Further to that point, Crerar says students new to post-secondary don't often realize that post-secondary exams are generally set in stone, despite life's unfortunate circumstances.

ISTOCK

"If say, your girlfriend breaks up with you the day before your exam and you're in no shape or form, you've got to speak with your counsellor and professor right away," says Crerar. "The prof might then recommend you don't take the exam, but after the fact it's very difficult to retake it."

"I also find that students are shocked when they have to complete two exams in one day," says Crerar. "But you can have three in one day. As long as it's not a conflict you should prepare to have multiple."

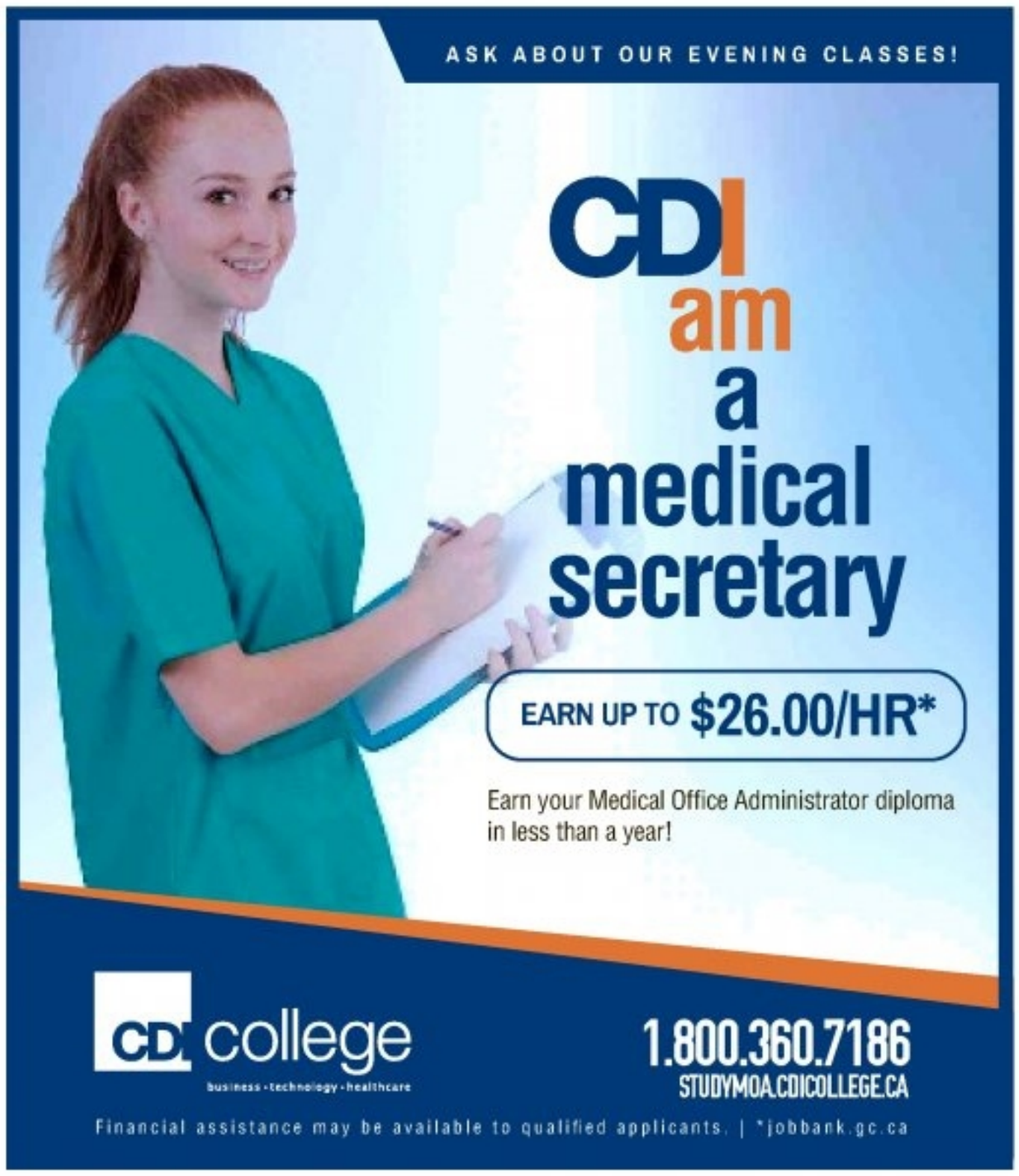
Roxanne Ross, manager of the student success centre at the University of Calgary, says that understanding how you will be tested and preparing accordingly is key to calming the jitters.

"Preparing for an essay exam might include identifying course themes and corresponding supporting details as well as anticipating questions and practicing timed writing," says Ross. "For multiple choice exam preparation however, students might want to focus on organizing a lot of detailed information in a way that they will be able to easily recall such as creating diagrams, concepts maps or charts."

Ross encourages students to ask professors for clarification on the set up of the exam, as well as to confirm what they are allowed to bring along with them.

"Students are restricted in what they can bring into an exam, so ensuring they understand what is and isn't permitted is really important such as calculators, formula sheets and study sheets."

-LIZ BEDDALL



Open your career options in acupuncture

If you're looking to switch jobs to take on a more meaningful career, consider a healing career in acupuncture. The practice is widely used as a complementary medicine and as part of Traditional Chinese Medicine (TCM).

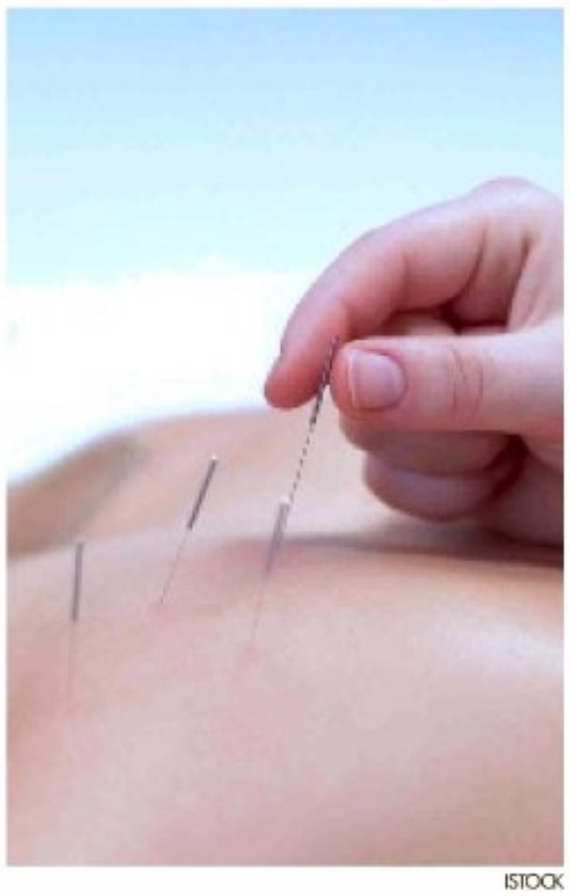
It's a practice rooted in traditional treatments. As an acupuncturist, you'll understand the theories behind TCM of Yin Yang and Wu Xing. You'll understand the vital substances essence, Qi, spirit, blood and body fluids and learn to work with those in your patients.

Acupuncturists can work in several different wellness settings, including TCM clinics, alternative therapy centres and wellness clinics.

Rehabilitation is an important part of a patient's journey with you, so you'll help them practice the traditional rehabilitation exercises of Qi Gong or Tai Ji Quan to help speed recovery.

In addition to TCM and acupuncture principles, you'll be well-versed in the skeletal and muscular structures of the human body, with experience with hands-on palpation to identify anatomical structures and landmarks.

To start your journey on this exciting path, get an education at a reputable institution. CDI College's new Acupuncture program provides comprehensive theoretical education alongside supervised clinical practice to help you discover the world of acupuncture, and learn to interview, diagnose and treat patients.



ISTOCK

Graduates of the program will be well-equipped to write the PAN-CAN examinations and take their next step in the discipline. This program does not require approval under the Private Career Colleges Act, 2005.

For more information, visit CDI College Business Technology Healthcare online at study.cdicollege.ca, or call 1-800-360-7186.

Broaden your creative horizons with writing-publishing degree

CONTRIBUTED

Canada's publishing industry is rapidly changing. In response to the digitally led evolution, next September Sheridan College will launch the only degree program in Canada that fuses creative writing and publishing.

"With this Honours Bachelor of Creative Writing and Publishing program, we are putting the emphasis on the 'and' in the program name," says Sean McNabney, associate dean of Sheridan's faculty of humanities and social sciences. "Students will receive a solid foundation in both publishing and creative writing."

Owen Percy is the program coordinator. He says the ultimate goal is to prepare students for positions as wide ranging as writer, producer, editor, publisher, literary agent or even marketing or sales representative.

"What we are looking to do is fashion a very creative, versatile student who has a critical and board skill set that is transferable across a number of media and different contexts," he says. "The metaphor we kick around is that we are creating a Swiss army knife of students — they have one specific function and are great at it but they also have a magnifying glass, scissors and all these other assets, and can adapt to do a number of different things."

"THE PROGRAM WILL PRODUCE GRADS WHO ARE GAME CHANGERS"
– Sean McNabney, associate dean of Sheridan's faculty of humanities and social sciences

During the four-year offering, students will attend core courses in creative writing, publishing and literary studies, with the option to tailor their education in any of these disciplines through elective courses. The electives, which include courses from Sheridan's arts and business degrees, will also allow students to collaborate with peers in other programs.

"A student can partner with, for example, someone in the animation program and be a writer for a particular project," says Percy. "There will also be numerous hands-on activities that model industry best practices as well as a co-op experience that they'll be able to complete at places such as publishing houses, communications and technical writing companies or startups."

Adds McNabney, "The internship is really a key defining feature because it is a semester-long opportunity to get out there and discover where their passion lies in the real world."

Thanks to its broad scope, the program is geared toward various learners. That includes those who are graduating high school as well as professionals with experience looking for a formal education.

"Students coming from high school who, for example, have a real passion for writing but don't see how it can lead to viable career and people who have been circulating in one of these industries but haven't found a pathway in will benefit because the program will produce grads who are game changers," he says.

Sheridan's Creative Writing and Publishing program is the only undergraduate program in Canada to fuse creative writing and publishing. Get the skills you need to succeed in the modern publishing industry and write in a variety of genres. Learn from professors who are practicing writers, publishers and editors and launch an exciting career.

cwp.sheridancollege.ca

Sheridan | Get Creative

A new digital engagement program with top advisors

Kathryn Buczko is a client partner at Facebook who, along with professionals from corporations such as Microsoft, Google and Omnicom Media Group, sits on the program advisory committee for Centennial College's new marketing digital engagement strategy program.

When the program launches in September 2017, it will have a curriculum built on the advice and guidance of Buczko and her colleagues that addresses a gap in marketing professionals who have a holistic view and an understanding of digital engagement.

"A challenge in the marketplace is that new employees are focused on likes, clicks, follows, etcetera, but aren't focused on the whole ecosystem," she says. "We need to get them out of this model because it has changed."

Centennial's offering, which will be facilitated as a full-time, graduate certificate program out of the school's Eglinton Learning Site location, will teach learners to analyze trends in technology, derive insights from data, design content management strategies, and execute plans across paid, owned and earned media.

Students will also learn how to develop and evaluate digital marketing strategies to maximize customer engagement and create meaningful interactions in support of business growth.

"It's through these tools and metrics that a business can truly build that relationship with customers and interact with customers," says Amy Morrell, chair of marketing, entrepreneurship and fashion studies at Centennial's School of Business. "How we engage from supply chain to customer interaction to customer service is all digitally linked."

While students will have opportunities for experiential learning and the option to complete a co-op component, the program is being facilitated through a blended delivery format, which means that some of the learning will be self-guided and completed online.

CONTRIBUTED

"Because of the nature of the program, we recommend applicants have an advanced diploma or degree in business or marketing or a diploma in business or marketing with relevant work experience," says Morrell.

As part of the course work, students will also be eligible to earn industry certifications such as Google AdWords, Google Analytics and Facebook Blueprint. The core skills they develop, meanwhile, may be converted into personal development unit credits toward an Online Marketing Certified Professional (OMCP) designation.

Get a certificate that works.

Centennial College's Part-time Learning programs give you the knowledge, and the tools to advance in your career.

REGISTER NOW AT
CENTENNIALCOLLEGE.CA/PART-TIME

CENTENNIAL COLLEGE 50 1966-2016

See where experience takes you.

Delve into the world of community development

In response to a growing need for community development professionals at every level, from major corporations and health departments to local grassroots efforts, Humber College will launch a bachelor of community development program next fall.

"This degree is timely and responsive to what we are seeing in the field," says Stephanie Dimech, associate dean of Humber's School of Social and Community Services. "If you've ever wanted to figure out root causes of community issues and work towards building the capacity to respond to and solve those issues, this is the program for you."

The four-year program focuses on an in-depth study of community development principles grounded in the theory and practices of locality development, community mobilization, leadership and social action, while exploring psychological and sociological influences.

It, says Dimech, incorporates practical application throughout.

"For many people currently in community development, their trajectory wasn't linear," she says. "They took other programs such as social work and learned in the field. With this bachelor offering, students will be able to enter the field directly with theory and knowledge from hands-on components such as service learning where they'll volunteer with organizations, community-based research projects and a capstone project."

One of the practical highlights of the program, says Dimech, is a 14-week field placement during which students will be placed in a social service, community, educational or non-profit organization.

During their placement, they may be responsible for real-world tasks such as research-based work, working directly with community groups and individuals, as well as supporting community workers, educators and/or social science professionals.

CONTRIBUTED

"This is an opportunity for students to really move theory to practice in a real world setting, with support from our faculty," she says. "These faculty members all have extensive experience. Some of our faculty members have built community agencies, others have done community development in fields such as justice, and many are still either involved in the field through boards or active careers."

metro SPORTS

Canadian catcher Russell Martin of the Blue Jays is among 30 players who are confirmed to participate in the 2017 World Baseball Classic

Little stars pack big kick

KEY PLAYMAKERS

Giovinco and Lodeiro draw praise from their coaches

The MLS Cup coaches talked up their star imports Monday, knowing the pint-sized packages could turn the tide in Saturday's championship game.

Uruguayan playmaker Nicolas Lodeiro has been pulling the Sounders' strings since joining Seattle in late July from Argentine club Boca Juniors. Italian forward Sebastian Giovinco has been a human highlight reel the last two seasons since leaving Juventus for Toronto.

"A couple of guys have asked me here in Seattle what's the difference between a guy like Lodeiro and Giovinco," Seattle coach Brian Schmetzer told a media conference call Monday. "To me the difference there is Giovinco is more of a forward who can pass the ball and Nico is a more of midfielder who can score.

"I think that is one of the interesting storylines to this match — Nico and Giovinco and their value to their respective teams."

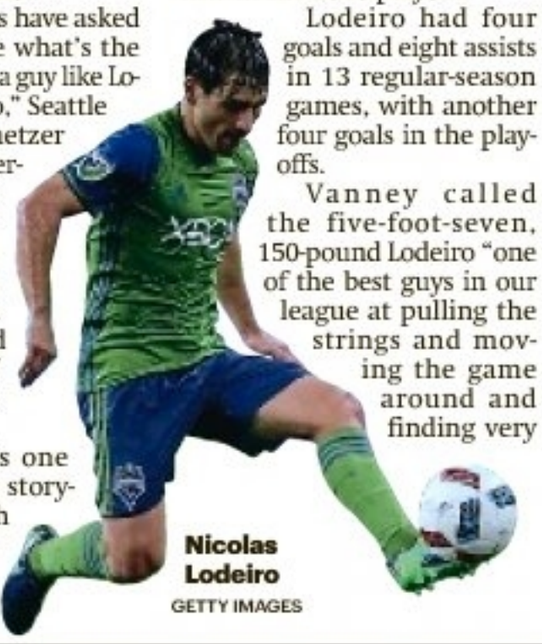
Asked about the five-foot-four, 135-pound Giovinco, Toronto coach Greg Vanney said even the Italian's teammates are surprised by what they see him do with the ball.

"What he's able to do from a technical standpoint, sometimes at training we just kind of catch ourselves laughing at some of the things that he pulls off, and he pulls them off in a way that it just looks so simple," he said.

The 29-year-old Italian, named to the league's best XI on Monday, led the league in combined goals (17) and assists (15) for a second straight year despite missing six games through injury. He has four goals and four assists in the 2016 playoffs.

Lodeiro had four goals and eight assists in 13 regular-season games, with another four goals in the playoffs.

Vanney called the five-foot-seven, 150-pound Lodeiro "one of the best guys in our league at pulling the strings and moving the game around and finding very good spots."



Nicolas Lodeiro
GETTY IMAGES

The 27-year-old Uruguayan doesn't need much space to operate, Vanney added.

"He can unlock runs of other guys and he can impact a game."

Lodeiro also played in Brazil for Botafogo and Corinthians, in the Netherlands for Ajax and in Uruguay for Nacional.

Back in July, Seattle GM Garth Lagerwey called Lodeiro's signing "a game-changer for us." Coinciding with Schmetzer taking over from Sigi Schmid as coach, it has proved true.

Seattle was 6-12-2 in ninth in the Western Conference when Schmetzer took charge. The Sounders have gone 12-3-4 since, including 4-1-0 in the playoffs.

Schmetzer said Seattle scouted Lodeiro extensively in person and on film before signing him.

"We did a lot of due diligence to make sure he was the right fit for our team," he said. "But he was almost better than what you saw on TV, better than what you saw him on film."

THE CANADIAN PRESS

Toronto FC forward Sebastian Giovinco either scored or assisted on 32 of the team's regular-season goals in 2016. NATHAN DENETTE/THE CANADIAN PRESS

2016 MLS BEST XI

- **Goalkeeper:** Andre Blake, PHI
- **Defenders:** Matt Hedges, DAL; Axel Sjoberg, COL; Jelle Van Damme, LA
- **Midfielders:** Mauro Diaz, DAL; Giovani dos Santos, LA; Sacha Kljestan, NYRB; Ignacio Piatti, MON
- **Forwards:** Sebastian Giovinco, TOR; Bradley Wright-Phillips, NYRB; David Villa, NYCFC

ASSESSING ELEMENTS

Cold not an issue: Schmetzer

Laurie Wilson
Metro | Toronto

Brian Schmetzer has plenty of things to consider as his Sounders make the trip across the continent and north of the border to face the red-hot Toronto FC, but Canadian winter-like conditions isn't among them.

Brian Schmetzer
GETTY IMAGES

The Seattle head coach is unfazed by the possibility of playing in freezing temperatures in Saturday night's MLS Cup final at BMO Field.

"I don't know if you've checked the weather reports for here in (Seattle suburb) Tukwila this morning but it was snowing although very briefly," Schmetzer said of the wet local weather that was hovering around 0 C Monday. "So we've managed to duplicate the exact atmospheric conditions for the final."

Schmetzer said the work TFC head groundskeeper Robert Heggie's crew did on a short turnaround for last Wednesday's game against Montreal gives him faith any effects of the cold will be minimized come game day.

The forecasted low for Saturday as of Monday night was -6 C.

"Control the controllables, we can't control those things." he said. "Our expectations are that the field will be in good condition. It's not like we're coming from sunny Cancun or someplace like that."

Ujiri's tribute to Mandela

NBA

Dec. 5 games are way for Raptors president to honour leader

Masai Ujiri. GETTY IMAGES

In the complicated process of putting together an NBA schedule, with travel considerations to take care of and arena availability to complicate matters, and with a desire to cut down on the glut of back-to-back games, the league allows each team to pick out two dates that are virtual "musts" for them to host games.

The Toronto Raptors have only one — to be playing at home on Dec. 5. The date is sacrosanct for team president Masai Ujiri, and so dear to his heart that the league dare not honour his request. For the third straight year, Toronto hosted a game Dec. 5, allowing Ujiri once again honour Nelson Mandela, who the Raptors boss calls the "father of Africa."

"We have to honour him and keep his memory alive every year," Ujiri has said. "Nelson Mandela knew that sport has the power to inspire and unite people in a way that little else does."

> **Nelson Mandela knew that sport has the power to inspire and unite people.**
> Raps president Masai Ujiri

Monday's event included an afternoon reception at the Art Gallery of Ontario to benefit Sick Kids Hospital, the Nelson Mandela Children's Hospital in Johannesburg, South Africa, and Ujiri's own Giants of Africa foundation.

Multiple Olympian Clara Hughes was the keynote speaker. Mandela's grandson, Kweku Mandela, was there in his role as the president of the Out of Africa children's foundation, along with Amadou Gallo Fall, the executive director of NBA Africa.

The franchise was to honour the legacy of Mandela during its game against the Cleveland Cavaliers with special shirts for the players to wear in the pre-game shoot-around, commemorative lapel pins for the coaching staffs, video tributes and the national anthems performed by the Mandela Children's Choir.

The passion that Ujiri feels for furthering the causes of Mandela, who died Dec. 5, 2013, at 95 years old, is deep and will never end.

The Raptors president lionizes the great leader and civil rights activist who spent nearly three decades in a South African jail.

TORSTAR NEWS SERVICE

NBA CAVALIERS EDGE RAPTORS AT ACC Kyrie Irving of the Cleveland Cavaliers faces off with Toronto Raptors' point guard Kyle Lowry at Air Canada Centre on Monday. Cleveland won 116-112 on the night. VAUGHN RIDLEY/GETTY IMAGES

IN BRIEF

Sudamericana title goes to tragedy-hit Chapecoense

Brazilian club Chapecoense, which lost most of its players in an air crash last week, has been awarded the Copa Sudamericana championship by the governing body of South American soccer.

In a statement Monday, CONMEBOL said it awarded the title "as a posthumous homage to the victims of the fatal crash." Nineteen of Chapecoense's players were killed in the crash just outside Medellin, Colombia.

THE ASSOCIATED PRESS

Blatter loses ban appeal

Sepp Blatter lost his appeal against a six-year ban by FIFA on Monday, and now has more serious legal cases lined up against him. Blatter said in a statement it was "difficult" to accept the Court of Arbitration for Sport's verdict.

The former FIFA president, who was banned for approving a $2 million payment to Michel Platini in 2011, said he will accept the decision. He could have pursued a further appeal at Switzerland's supreme court. THE ASSOCIATED PRESS

metro | Spiritualist Forum

To advertise contact Ian March at 416-443-4388

SPIRITUALIST OMAR
Very Powerful Spiritualist, Medium and Healer with a Special Gifted Power to:
• Reunite loved ones, marriage and family.
• Help Prevent Divorce & Break up
• Good luck in finding lasting soul mates.
• Help with Serious Court cases.
• Lucky charm for individuals and business.
• Helps with children and family problems.
• Protection against enemies and evil spirits.
• Helps relieve negative energy.
Thank you Omar for bringing my boyfriend back to my life. We are in a much better place now...we no longer argue and he is very sweet and kind to me. - LISA
CONFIDENTIAL 100% Payment after results guaranteed
647-707-2315

UNIQUE ASTROLOGER
POWERFUL SPIRITUALIST FROM INDIA
Master: SHIVANANDA
647-643-1541
Solves Problems: Health,Depression,Family,Love,Money, Court,Enemy, Jealousy, Business, Job, Negativity etc
SPECIALIZED IN BRINGING LOVED ONES BACK
EXPERT IN REMOVAL OF BLACK MAGIC, BLOCKAGE EVIL SPIRITS, BAD CURSE, WITCH CRAFT, VOODOO OBEAH, JEALOUSY & ALL EVILS QUICK RESULTS
GIVES 100% PERMANENT, LIFETIME UNBREAKABLE PROTECTIONS
FREE READING MON & SAT
5210 Finch Ave E, UNIT #5, Scarborough M1S 4Z6
Next to SAMOSA KING (MIDDLEFIELD & FINCH)

Psychic & Spiritual Healer
Pandit: VARUN BABA
BORN TO SERVE PEOPLE
Generation to Generation
Master is in Removing Black Magic,Jadoo,Vodoo, Obeya, Witchcraft, Bad Curses, Jinn all Evil spirits etc & Gives Protection
Expert in Helping with all Problems like Health, Depression, Love, Job, Family, Husband-Wife, Relation, Children, Court, Employment, Business etc
SPECIALIZED IN BRINGING LOVED ONES BACK
647-920-4439
1735 Kipling Ave, TORONTO M9R 2Y8
Next to FOOD BASICS (KIPLING & DIXON)

MOST POWERFUL INDIAN SPIRITUALIST & PSYCHIC
Master: SHIVRAJ
Get Solutions & Suggestions for:
Job, Business, Family, Health,Court, Jealousy, Enemy,Husband-Wife Problem, Divorce,Financial Matter,Depression, Sexual Problem, Stress, Bad Luck, Generation Curses etc
Performs Powerful Prayers to remove Black magic,Jadoo, Vodoo, Witchcraft, Obeya, Evil Spirits & Gives Protection
100% Guaranteed Results, Privacy & Confidentiality Assured
647-712-9009
2726 Danforth Ave, Toronto M4C 1L7
Opposite CANADIAN TIRE
(DANFORTH AVE & MAIN ST.)

Scarborough Famous Astrologer & Psychic
100% GUARANTEE Pandit: TULASI 100% SUCCESS
MASTER SOLVES PROBLEMS LIKE:
* Divorce * Business * Lottery
* Court * Finance * Success
* Work * Drinking * Job
* Husband-Wife * Health * Bad Luck
* Children * Family * Depression
Removes Black Magic, Jadoo, Vodoo & Gives 100% Protection
647-919-3644
639 Markham Rd, Scarborough ON M1H 2A4
Inside BOLLYWOOD 4 U, Next to SHOPPERS DRUG MART (MARKHAM & LAWRENCE)

SPIRITUAL ASTROLOGER & PSYCHIC CENTER
Master: HARI KRISHNA 4th GENERATION PSYCHIC
SPECIALIST IN BRINGING BACK GOOD HEALTH IN 9 DAYS
Tells Past, Present & Future.
Health, Happiness, Love,Work
Family, Husband-Wife,Children
Jealousy, Money, Court, Sexual
Enemy, Lottery & Good Luck etc
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
647-299-7352
2519 Finch Ave W, North York
M9M 2G1 (FINCH & MILVAN)
Major Intersection - FINCH & WESTON

SRI HANUMAN ASTROLOGER & PSYCHIC
Pandit: BABU SWAMY
MEET RIGHT PSYCHIC, TAKE RIGHT DECISION
Master in Palm & Face Reading, Horoscope.Solves any Kind of Problem. Depression, Family, Husband-Wife, Love, Kids, Court, Jealousy,Money, Sexual, Enemy etc
REMOVES BLACK MAGIC, JADOO, VODOO, WITCHCRAFT,OBEYA, EVIL ENERGY & GIVES LIFELONG 100% PROTECTION
647-973-4754
100 Maritime Ontario Blvd, Unit 77,Brampton L6S 0E7, Next to HOME DEPOT, Major Intersection: AIRPORT RD. & QUEEN ST. E

TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App
Download the Metro News App today at metronews.ca/mobile
metro

FINANCIAL

GET OUT OF DEBT!
CALL THE
Licensed Debt Professionals™
• Avoid Bankruptcy
• 1 Low Monthly Payment
• No Interest Charges
• Stop Collection Calls
• Government Licensed Proposal Administrators
DAVID SKLAR, CPA, CIRP, LIT
Free Consultation 310-9200
DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee
HEAD OFFICE: 245 Fairview Mall Drive, Suite 720, Toronto, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

STEVEWELKER.CA
DEBT RELIEF WHEN YOU CAN'T REPAY
Free Advice 647-793-6411
CAN YOU REPAY YOUR DEBT ON YOUR OWN?
IF NOT, OUR SERVICES
• Stop: Collection Calls, Interest, Lawsuits & Garnishments
• Reduce Your Debt & Stress
• Don't Require Money Up-Front
• Consolidate Your Debt
• Bankruptcy Is Always The Last Resort
MAIN OFFICE: 1969 WESTON ROAD
Walker and Company Inc. Licensed Insolvency Trustees
647-793-6411
Barrie | Brampton | Burlington | Downsview | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

shed the debt®
for pennies on the dollar
credit cards • tax arrears • student loans
wage and bank garnishments
call 1-855-541-5114
for fast friendly debt relief anywhere in Ontario
free meeting, no obligation
evening and Saturday appointments
Goldhar®
www.shedthedebt.ca
Goldhar & Associates Ltd. Licensed Insolvency Trustee

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
CALL ERIKA
(LICENSED DEBT EXPERT)
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Licensed Insolvency Trustee www.rusinek.ca

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)
Brokers Lamina

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose.
• Refinance to 87%. Purchase to 95%.
• With rates at historic lows, now is the time to re-finance your home!
• Consolidate cards into 1 payment
• Self-employed? Stated income.
• Good and bad credit are welcome!
• Behind in Mortgage Payments?
WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11951

EDUCATION

PARALEGAL^. IMMIGRATION*. LAW CLERK
• $3235 Dual Qualification Bursary
• $1235 Licensing Exam Bursary
• Programs include Practicum
• Faculty includes Lawyers
^Accredited by LSUC *Accredited by ICCRC
RECEIVE $1235 OR $3235 IN LEGAL BURSARIES
AOLTORONTO.COM
647.560.8587
The Academy of Learning Career & Business College (Bayl Bloor) is registered under the PCC act 2005 and operated by 1989155 Ontario INC.

LOWEST RATES for bad credit loans since1984
What would you do with $20,000?
PFS
✓College Tuition?
✓Home Renovation?
✓Wedding?
✓Travel?
You decide.
Paid off car 6 years or newer?
Borrow up to $20,000 the same day!
416-634-2013 *Call for details and conditions
BorrowWithYourCar.com
A division of Prudent Financial Services

$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
1-855-527-4368
credit700.ca
Call us or apply online
www.credit700.ca

NEW
Intra Oral Level I & II
Dental Assistant
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
North York: 647.360.7290
Downtown: 647.691.0922
ANDERSONCOLLEGE.COM

HEALTH

ANY PAIN
Disappeared or Greatly Improved Within Seconds! Or money back right away
Adjust YIN and YANG of body, most pains and diseases can be fixed by itself.
Registered Acupuncturist R.T.CMP
Chong Kim, 696 Sheppard Ave. West
WALK IN 7 days/wk
416.788.3837

metro
THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*Terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

MAKE IT TONIGHT

Healthy Turkey Barley Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This healthy, fibre-rich chili has great depth of flavour and the barley adds a satisfying texture.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 1 large onion, finely chopped
- 1/2 stick of celery, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 3/4 lb ground turkey
- 2 cups low sodium chicken stock
- 1 15 oz can of white beans, rinsed and drained
- 1 cup barley
- 2 tsp ground cumin
- 2 tbsp chili powder
- 1/2 tsp oregano
- 1/4 tsp salt
- 4 Tbsp of low-fat sour cream or plain yogurt

Directions

1. Heat oil in large Dutch oven. Add onion, celery and garlic. Cook 5 minutes or until onions are translucent.

2. Put turkey into pan, breaking apart with a wooden spoon. Cook 5 minutes or until no longer pink. Stir in chili powder, cumin, oregano and salt.

3. Add chicken stock, carrots and barley. Simmer for 10 minutes, stirring occasionally.

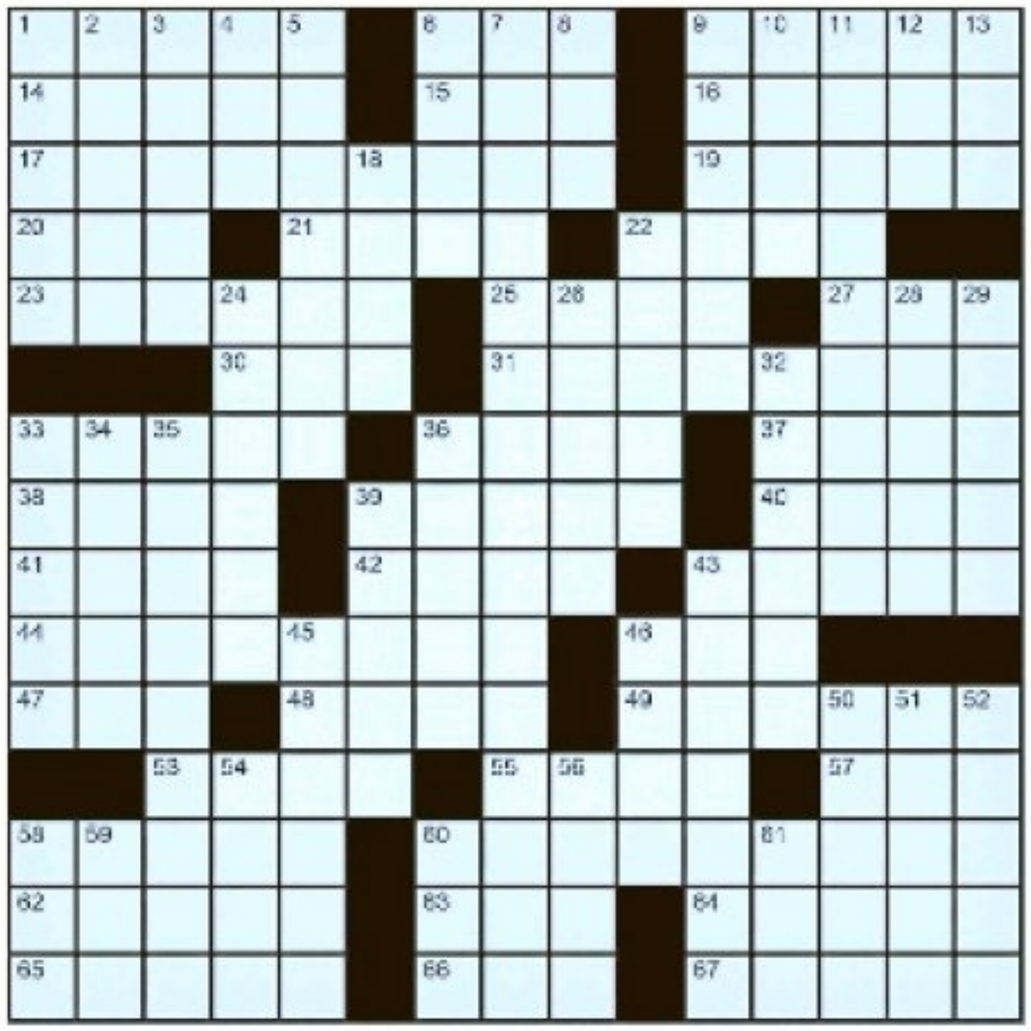
4. Add beans, mix well and cook on low heat a further 10 minutes.

5. Serve over your favourite bread with a dollop of fat-free sour cream or yogurt on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Goldie Hawn/Kurt Russell flick, "Swing _" (1984)
6. And so on, shortened
9. Large in scale
14. "_ funny." (Rather amusing, fun-style)
15. Vital life energy
16. Can't stand
17. Nonpareil
19. Laura and Bruce of acting
20. Palindromic honorific
21. Oz dog on the silver screen
22. Water's whirl-ee
23. Security system device
25. Ancient harp
27. City of Brazil, with Paulo
30. Rimouski refusal
31. Gloomy
33. Kisses, in Spain
36. Sort of streambed
37. Care-_-_ (Care Bears home)
38. Having the skills: 2 wds.
39. Mature, as a mango
40. Trigonometry ratio
41. Marinate
42. Racetrack shape
43. Early _ (Morning person)
44. Off-the-cuff speaker
46. Perfect spelled-out rating
47. Novel
48. Itemize
49. Bypasses
53. Gulf of _ (It's between Somalia and Yemen)
55. She-horse
57. Assembled
58. Andrea _ (Ocean liner in 1956 headlines)
60. Unforgettable
62. Prefix with 'continental'
63. Journey's "_ Way You Want It"
64. Overly tough guy
65. Ashen-looking
66. Final amt.
67. Besmirch

DOWN
1. Arctic seabirds
2. Door part
3. Jude Law's character in "Cold Mountain" (2003)
4. Rx watchdog in The States
5. Body drawings
6. Real
7. Barenaked Ladies song: 3 wds.
8. Sophia Loren movie, "El _" (1961)
9. Football video game series, _ NFL
10. Bon Jovi lyric: "I want to lay you down in _ _ of roses..."
11. Cocoon-encased pre-butterfly
12. Mr. Howard of Hollywood
13. Surgery sites, shortly
18. _ on the cob
22. James Mason's role in "The Desert Fox" (1951), Field Marshal _ Rommel
24. "Jersey Shore" cast member
26. Swiss song, sometimes
28. "Two Hearts Beat _ _" by U2
29. River rollicker
32. Reno venue
33. Second largest city in South Korea after Seoul
34. Lyric†poem variety
35. Loyalists
36. "The First _ Club" (1996)
39. Dr. Phil's wife
43. Rocker's amp effects
45. _-eyed
46. Produce Department selection
50. Diffuse
51. Ms. Burke of "Designing Women"
52. Turn while driving
54. Atkins _
56. _ acetate (Banana oil)
58. Dunk a bit
59. "Snakes _ _ Plane" (2006)
60. Front door rug
61. Sleeve

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Expect surprises when dealing with others today, especially in groups or classes. The surprise might be an event that affects everyone, or you might meet someone who is unusual or really different.

Taurus April 21 - May 21
Something will spur you into action today! Whatever it is will arouse your ambition. Be grateful that something makes you feel alive and ready for action!

Gemini May 22 - June 21
Unexpected opportunities to travel might fall into your lap today. Similarly, surprise opportunities to get further education or training might materialize. Yay!

Cancer June 22 - July 23
Keep your pockets open, because unexpected gifts and goodies might come your way today. You also could hear good news from a partner regarding money and wealth.

Leo July 24 - Aug. 23
Stay light on your feet, because a friend or a partner might throw you a curveball today. Quite likely, this person is excited about something that he or she didn't expect to happen. Enthusiasm is contagious!

Virgo Aug. 24 - Sept. 23
You have lots of energy at work today. This is a good thing, because you will have to deal with a work routine that is interrupted by surprising events. Stay on your toes!

Libra Sept. 24 - Oct. 23
Parents, take note: This will be a klutzy day for your children, so pay attention. Be extra vigilant and mindful. Do what you can to protect them from hazardous situations.

Scorpio Oct. 24 - Nov. 22
Something unexpected will happen at home today. Small appliances might break down, or minor breakages could occur. Perhaps a family member has surprising news. It could be anything.

Sagittarius Nov. 23 - Dec. 21
Be careful, because this is an accident-prone day. Therefore, be aware of everything you say and do. Keep your eyes open!

Capricorn Dec. 22 - Jan. 20
Guard your possessions and your cash flow against loss, theft or something untoward, because unexpected events might affect what you own. Check your bank account.

Aquarius Jan. 21 - Feb. 19
You feel energetic and impulsive today! This is why you will react to what others say. Guard against rash, knee-jerk behaviour.

Pisces
Feb. 20 - March 20
This is a restless day for you. Perhaps something going on behind the scenes has affected you, or perhaps you just feel edgy and nervous. Don't worry. This will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7	5	3		9		4	
4			2			3		5
	3							7
6			1		7		3	8
				5				
7	9		8		6			1
5							8	
2		8			4			6
	6		9		8	5	2	

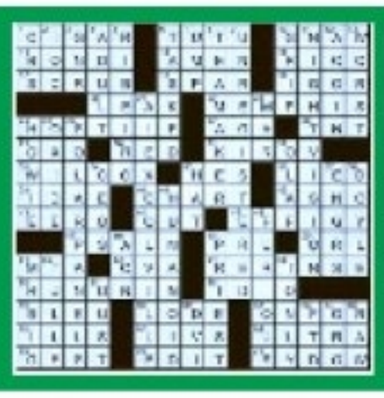
©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

$1,800 WEIGHT LOSS GRANT
Have More than 20 lbs to Lose? Apply Today!
www.weightlossgrants.org
Visit www.weightlossgrants.org for full details.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



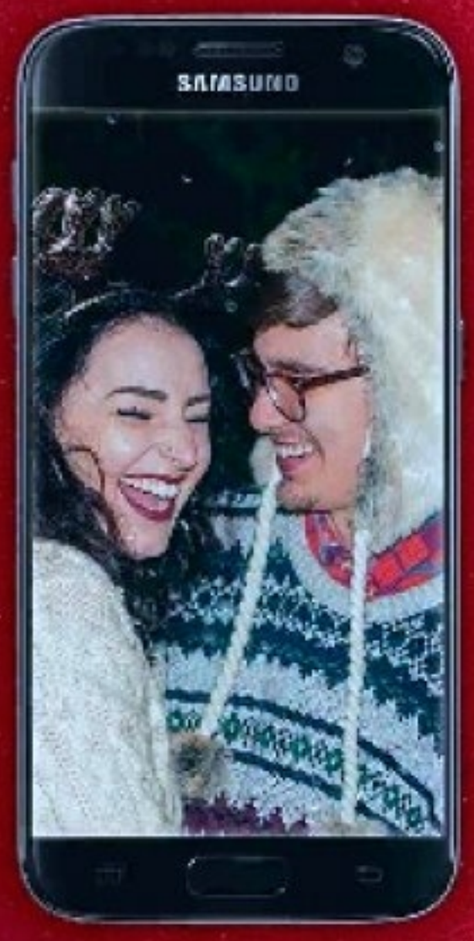
1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3

DECK THE HALLS WITH BOUGHS OF BENEFITS

HOOK UP AND YOU'RE AUTOMATICALLY A MEMBER.

MEMBERS GET DEALS AT

H&M STARBUCKS FLIGHT CENTRE + MORE



BONUS 1GB OF DATA

+ UNLIMITED CANADA-WIDE TALK.

virginmobile.ca

Virgin mobile

IT'S BETTER TO BE A MEMBER

Order online at virginmobile.ca, call 1.855.BE.VM.VIP or stop by to say hi.

Virgin mobile · THE SOURCE · WIRELESSWAVE · Tbooth wireless · wireless

Current as of November 29, 2016. Available with select plans on 30 day or 2-year agreements. One-time connection charge ($15) applies to new activations or hardware upgrades. Services available with compatible devices. Monthly 9-1-1 fees apply in: AB (44¢), NB (53¢), NL (75¢), NS (43¢), PEI (70¢), SK (62¢) and QC (46¢). Taxes extra. Other conditions apply. Offers and Member Benefits subject to change/cancellation at any time without notice. See your Agreement for details. Other restrictions apply; see virginmobile.ca for details. Canada-Wide calling applies to calls made from Canada to a Canadian number or calls received from any number while you are inside Canada. Screen image simulated. Samsung images; © 2016 Samsung Electronics Canada, Inc. All rights reserved. Samsung and Samsung Galaxy S7 are trademarks of Samsung Electronics Canada, Inc., and/or its related entities, used with pennission. All rights reserved. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2016 Virgin Mobile.